



Weightlifting Wales Athlete Agreement

Athletes in receipt support are required to agree to the following conditions

1. Be a current member of Weightlifting Wales
2. Adhere at all times to the Code of Conduct for Members
3. At all times, act in a manner that is both professional and befitting an athlete on the support programme
4. All adhere to Weightlifting Wales Social Media Policy. Elite Athletes are ambassadors for the sport and as such are encouraged to use social media to promote the sport and be mindful of language and engaging in negative posts concerning the sport
5. Attend the following events, unless otherwise advised by the Weightlifting Wales performance team:
 - a. International competitions (when selected)
 - b. All training camps and squad weekends
 - c. National competitions, both Welsh and British
 - d. Promotional work for Weightlifting Wales
6. Inform a member of the Weightlifting Wales Performance Team if compromised through injury. Injuries must be logged with a member of the Performance Team immediately
7. Adhere to the Weightlifting Wales Athlete Performance Plan which has been built upon athlete goals and objectives, formally reviewed every 6 months
8. Provide batch test certificates for all nutrition products used whilst away on International Duty with Weightlifting Wales
9. Make five days per year available to Weightlifting Wales for promotional work
10. Complete any Weightlifting Wales administration requirements before the given deadline date or within 5 days
11. Any external agreements with Sports Agents should be agreed by Weightlifting Wales
12. Work and comply with the Weightlifting Wales staff
13. Must have made themselves familiar with, and hereby agree to be bound by the UKAD Anti-Doping Rules and to submit to the authority of UK Anti-Doping and any other appropriate body in the application and enforcement of those Rules

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14. Agree to cooperate fully with any World Anti-Doping Code compliant anti-doping investigations or proceedings, whether conducted by UK Anti-Doping or any other competent body

Athlete support and selection for International competitions may be suspended or removed if athletes do not conform to the above guidelines.

By signing this agreement, I consent to upholding my commitments to Weightlifting Wales and to represent the Governing Body.

Print Name: _____

Signed: _____ Date: _____

Athletes under 18 – Parents / Guardians to sign, in addition to the athletes signature

Print Name: _____

Signed: _____ Date: _____

